



## Great Programs You Can Share at Home With Your Child

We now have access to some wonderful websites for your children to access. RAZ kids is a website with books at your child's reading level and activities to go with them. Go to [www.RAZ-kids.com](http://www.RAZ-kids.com) and look for your child's teacher by their last name. Books are set up on a list for each child at their appropriate level. ixl Math is a website of activities which matches the curriculum at your child's grade level. Go to [www.ixl.com](http://www.ixl.com). Your child's user name is their Student ID# their - password is their computer sign-in name SusanA1234. Math is Grade 1-4. Tumble books which has books that can be read to your child at every level. Go to [www.tumblebooks.com](http://www.tumblebooks.com) Username is parklandvillage and Password is books. Please enjoy the use of these sites and have your child go into them often.

Tirzah Wolff  
Parkland Village School Librarian

Parkland Village School - May 2020

<http://parklandvillage.psd70.ab.ca/>



Read to or with your  
Child Every Day!

**PLEASE RETURN ALL Library  
Books, Home Reading  
Materials, and LLI Pouches**



Jed from Mrs. Hovedo class and his Dad working through a LLI lesson online.



London from Mrs. Lee's Grade 2 class took up the challenge of being creative with some of her spelling words.



Skye was absolutely thrilled with her baby chicks. She is from Mrs. Klyne's Grade 4 class and wanted to share her delight.

### Family Fun Photo Scavenger Hunt

By [Christy Matte](#) Updated on June 17, 2019 visit their website at [verywellfamily.com/](http://verywellfamily.com/)

Kids love "Scavenger Hunts" and a photo scavenger is a great way to keep kids busy while having fun. You can specify an area of the house, your backyard, a local park or any other safe location for the hunt. If you have tech-savvy kids, this is a wonderful way to engage them with nature while still tapping into their interests.

#### What You Need

- One camera (i.e., the camera on your mobile phone) per team
- A printed or written list of clues of things to take photos of for each team

*Continued on page 2*



**PVS Dance Party  
LIVE  
Every Thursday  
on PVS Facebook Page  
@ 10:30 am**



### How to Prepare the Photo Scavenger Hunt

1. Choose the location of the hunt. You'll want to consider the weather, ages of the kids involved, and whether you'll have more than one team. Younger kids might stay in a yard, while older kids might roam a neighborhood. Make sure to tailor your clues to your location.
2. Make a list of items to take pictures of. You can even use creative riddles to make it more challenging. Keep the list short and simple for young kids. Choose large items that are easily photographed, and be specific about the items to photograph.
3. For older kids who need more of a challenge, try using riddles or more challenging and creative clues that require some thought.

### How to Conduct the Photo Scavenger Hunt

1. If it's a competition, break the kids into even teams based on age, size or skill—a fair mix of each works best. If it is a collaborative search, help the kids plan for how they will share the camera (e.g., each person takes one photo and then passes the camera along).
2. Give out the clues and explain the rules, including the physical boundaries and time limit, if any.
3. Have fun!
4. When the time limit is up, or the clues have all been found, have a "judge" decide if each photo is a correct match to the corresponding clue.
5. If it's a competition, tally the results and announce the winner.

### Tips for Successful Scavenger Hunts for Kids

- If you're using mixed teams, consider assigning clues to both older kids and younger kids, so everyone can have fun.
- Make safety the number one goal. You can have a more expansive [scavenger hunt](#) by adding an adult or responsible teenager to each team and letting them roam freely.
- If you're in an area with a lot of trees and brush, make sure kids wear long pants and can identify plants like poison ivy, sumac, and oak.

### Sample Clues

- Something green
- A flower
- Someone making a silly face
- Something that begins with the letter "T"
- Something round
- Something you can eat
- Two people holding hands
- Something shiny
- An insect
- A bird
- Two things that have names that rhyme
- Something old
- Something in the sky
- Something with a handle
- A license plate from another province



### Beyond the Scavenger Hunt

Even though the scavenger hunt is over, the fun can continue beyond the end of the game!

If you've got kids who are interested in photography, help them learn the basics of taking pictures. Download the scavenger hunt pictures to your computer and make a [collage](#) or even design your own t-shirt. Your children can share their favourite pictures with friends and family

# Everything's Gonna Be Alright - Getting A New Perspective

## 1. One-on-one time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important. Set aside time to spend with each child. It can be for just 20 minutes, or longer – it's up to you. It can be at the same time each day so children or teenagers can look forward to it. Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this.

Ideas with your baby/toddler

- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons.
- Stack cups or blocks.

Tell a story, read a book or share pictures. Ideas with your young child

- Read a book or look at pictures.
- Make drawings with crayons or pencils.
- Dance to music or sing songs!
- Do a chore together – make cleaning and cooking a game

Help with school work. Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends.
- Cook a favorite meal together.
- Exercise together to their favorite music.

Listen to them, look at them. Give them your full attention. Have fun!

## 2. Keeping it positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!". But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right. Say the behaviour you want to see. Use positive words when telling your child what to do; like "Please put your clothes away" (instead of "Don't make a mess").

It's all in the delivery. Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice. Praise your child when they are behaving well. Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

Get real

Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call. Help your teen stay connected

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

## 3. Get structured

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help. Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.

Include exercise in each day - this helps with stress and kids with lots of energy at home. Teach your child about keeping safe distances

- If it is OK in your country, get children outside.
- You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe.

*continued on page 4*

Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

- Make a 20-second song for washing hands. Add actions!
- Give children points and praise for regular handwashing.

Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other). You are a model for your child's behavior. If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!

#### **4. Bad behaviour**

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

##### **Redirect**

- Catch bad behavior early and redirect your kids' attention from a bad to a good behaviour.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together!"

##### **Take a pause**

Feel like screaming? Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way. Millions of parents say this helps - A LOT!

##### **Use consequences**

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

- Give your child a choice to follow your instruction before giving them the consequence.
- Try to stay calm when giving the consequence.
- Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- Once the consequence is over, give your child a chance to do something good, and praise them for it.

One-on-One time, praise for being good, and consistent routines will reduce bad behaviour.

Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!

#### **5. Keep calm and manage stress**

This is a stressful time. Take care of yourself, so you can support your children.

##### **You are not alone**

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

##### **Take a break**

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

##### **Listen to your kids**

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

##### **Take a pause**

Here's a one-minute relaxation activity that you can do whenever you are feeling stressed or worried.

##### **Step 1: Set up**

- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

##### **Step 2: Think, feel, body**

- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

### Step 3: Focus on your breath

- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- You may want to say to yourself “It’s okay. Whatever it is, I am okay.”
- Then just listen to your breath for a while.

### Step 4: Coming back

- Notice how your whole body feels.
- Listen to the sounds in the room.

### Step 5: Reflecting

- Think ‘do I feel different at all?’.
- When you are ready, open your eyes. Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

Taking a pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also take a pause with your children!

## 6. Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

### Be open and listen

Allow your child to talk freely. Ask them open questions and find out how much they already know.

### Be honest

Always answer their questions truthfully. Think about how old your child is and how much they can understand.

### Be supportive

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them. It is OK not to know the answers. It is fine to say “We don’t know, but we are working on it; or we don’t know, but we think.” Use this as an opportunity to learn something new with your child!

### Heroes not bullies

Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them. Look for stories of people who are working to stop the outbreak and are caring for sick people. There are a lot of stories going around

Some may not be true. Use trustworthy sites like [UNICEF](#) and the [World Health Organization](#).

### End on a good note

Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

## Teen Mental Health Organization Resources

A series of 6 magazines designed to provide a quick overview of common mental illnesses for teens. Each resource includes associated supports & resources.

### Below is a list of the Mags series :

Attention Deficit Hyperactivity Disorder

Bipolar Disorder

Depression

Obsessive Compulsive Disorder

Panic Disorder

Social Anxiety Disorder

*The TMH Speaks ... Mags (SERIES) is available for purchase through [TeenMentalHealth.org](#) and Amazon.*



## FREE TELEHEALTH FOR FAMILIES

**FREE**

# Psychology At Home Online Group Series

Weekly Online Groups - Drop-in every week for  
more connections and support!



### **PARENTING GROUP FOR HOMESCHOOLING KIDS WITH LD, ADHD, ASD, ANXIETY - 10:30AM TUES'S**

A School Psychologist and Certified Teacher provide homeschooling strategies  
for Learning Disabilities, ADHD, Autism, & Anxiety. Workable effective strategies!

Register in advance for this meeting:

[https://zoom.us/meeting/register/tJUrc-qrjgpHteqh6y\\_l10Gtdk2MgMXu\\_ow](https://zoom.us/meeting/register/tJUrc-qrjgpHteqh6y_l10Gtdk2MgMXu_ow)

### **PARENTING BEHAVIOUR SUPPORT GROUP - 8PM TUES'S**

Weekly Drop-in Online Parenting Groups with a Psychologist and a Board Certified  
Behaviour Analyst/Certified Teacher.

Register in advance for this meeting:

<https://zoom.us/meeting/register/vp0lc--spjguBujQVJL5oeUH8IMEy3I19A>



### **MANAGING A WORLD OF STRESS - TEEN GROUP**

Online Drop-in Weekly Group Meetings for Teens (Ages 15-17)  
**dealing with Stress & Anxiety.**

**2:00pm TUES'S**

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJUrdyurpj0iE9GYICXjfjRLZ0Uu4xb-al1P>

### **FREE 20-MINUTE CONSULTATIONS & FREE CRISIS THERAPY**

Free consults and Individualized supports via phone or online during the pandemic.  
For Counselling & Assessment Services..



Register for Groups with the links above or  
Book Your Free Consult by phone or online:  
(780) 405-4209

[www.littleoakspsychology.com](http://www.littleoakspsychology.com)

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About Our  
**FREE**  
Services  
Online

## FREE TELEHEALTH FOR FAMILIES

**FREE**

# Psychology At Home Online Group Series



### HOME EDUCATION SUPPORT GROUP - 1:00PM WED'S

Practical tips from a school psychologist and certified teacher on structuring routines, developing executive skills, and supporting the complex learning needs of children with academic or emotional/behavioral difficulties that may impact learning at home.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/7>

### CONNECTION BASED PARENTING GROUP - 1:00PM MON'S

Intentional parenting strategies for setting routines, managing emotions, minimizing sibling conflict, and work through day-to-day problems.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/2>



### FAMILY CHANGES & GRIEF/LOSS

Support for parents and their children to cope with the emotional and relational impact of changes within the home during this time such as the loss of a loved one, divorce/ separation, and losses related to coping with transitions such as loss of connection from their school support system or other community supports.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/16>

### ONLINE DROP-IN WEEKLY GROUP MEETINGS FOR TEENS (AGES 15-17)

Providing practical strategies to develop psychological flexibility to grow in resilience and better cope with the demands of everyday life.

<https://familylifepsychology.janeapp.com/locations/online-family-support/book#/discipline/2/treatment/1>



### FREE 20 MINUTE CONSULTATIONS & LOW-COST COUNSELLING

Individualized telehealth supports are also available phone or online for both counselling and assessment services.



**Family Care  
Psychology Inc.**

Register for Groups with the links above or  
Book Your Free Consult by phone or online:  
(780) 963-7451

[HTTP://FAMILYCAREPSYCHOLOGY.COM](http://familycarepsychology.com)

More Details  
About Our

**FREE**

Services  
Online



# News Release

## HelpSeeker - Linking Residents to Services in the Tri-Region

This week, Parkland County, the City of Spruce Grove and Stony Plain Family and Support Services (FCSS) are launching a new free app to support residents in our communities. This is especially needed in this uncertain time of COVID-19. Tri-Region residents, looking for local services, can now use the mobile [HelpSeeker](#) app to search for local organizations offering programs, services and supports.

"Helpseeker is all about connecting those in need with the right service at the right time," states Travis Turner, Co-Founder and Chief Operating Officer of Helpseeker Inc, based out of Calgary, Alberta.

Over 100 communities across Canada currently use Helpseeker to help their residents connect to services in their area. Helpseeker is updated in real-time providing accurate and timely information on services. Examples of supports including mental health supports, social services, crisis helplines, recreation services, food delivery services and most importantly at this time, COVID-19 related resources.

Helpseeker will also help our service providers by providing insight into community needs, identifying gaps and potential partnerships in service delivery to improve our community's health and wellbeing.

"Our region has so many passionate service providers who are actively working to keep our community healthy and strong during this time," states Lisa Gilchrist, Director of Stony Plain Family and Community Support services. "Helpseekers is a great new tool to help our residents and service providers connect."

The app can be downloaded from the [App Store](#) or [Google Play store](#) on any iOS or Android device. The tool can also be [viewed online](#).

A promotional banner for the HelpSeeker app. The background is light blue with a faint map grid. On the left, the text "Download the app to find supports and resources in our community." is written in a blue, sans-serif font. In the center, there is a large, stylized blue compass rose icon. To the right of the compass rose, the word "HELP" is written in large, bold, blue, sans-serif letters, and "seeker" is written below it in a smaller, blue, sans-serif font. To the right of "HELP" is a green speech bubble icon containing the text "FIND HELP FAST" in white, sans-serif letters. At the bottom left of the banner, there are two icons: the Google Play logo and the Apple App Store logo. At the bottom right of the banner, there are three logos: Parkland County, FCSS, and the City of Spruce Grove.



# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 PVS Dance Party LIVE on PVS Facebook Page @ 10:30 am	8	9
10	11	12	13	14 PVS Dance Party LIVE on PVS Facebook Page @ 10:30 am	15	16
17	18 Victoria Day	19	20	21 PVS Dance Party LIVE on PVS Facebook Page @ 10:30 am	22	23
24	25	26	27	28 PVS Dance Party LIVE on PVS Facebook Page @ 10:30 am	29	30